

I claim:

1. A cooling mattress for supporting and cooling a sunbather while sunbathing, the cooling mattress comprising:

a plurality of pads and a plurality of fasteners;

each pad comprising a liner defining a cavity and a cooling medium deposited within each cavity;

the fasteners interconnecting the pads to one another wherein the connected pads cooperatively form a surface for supporting a sunbather lying or sitting on the surface, whereby the cooling medium cools the sunbather while sunbathing.

2. The cooling mattress of claim 1 wherein each cavity is entirely enclosed by a liner.

3. The cooling mattress of claim 1 wherein each pad has a generally rectangular shape of about 12 inches by 18 inches and a thickness of about 1 inch.

4. The cooling mattress of claim 1 wherein the cooling medium is a viscous gel.

5. The cooling mattress of claim 1 wherein the cooling medium is a water-alcohol mixture having a freezing point lower than zero degrees Celsius.

7. The cooling mattress of claim 1 wherein the fasteners are comprised of detachable connectors.

8. The cooling mattress of claim 7 wherein the detachable connectors are comprised of hooks and loops connectors.

9. The cooling mattress of claim 1 wherein the fasteners permanently connect the pads to each other.

10. The cooling mattress of claim 1 wherein the fasteners comprise a combination of detachable and permanent connectors whereby the mattress can be separated into separate sets of permanently connected pads.

11. The cooling mattress of claim 1 wherein the cooling medium is a single phase change material that maintains a substantially constant temperature while changing phase.

12. The cooling mattress of claim 1 wherein a pillow is attached to the mattress by a detachable connector.

13. The cooling mattress of claim 1 wherein the fasteners foldably interconnect the pads whereby the mattress can be folded to a compact configuration.

14. The cooling mattress of claim 1 wherein the pads are adopted to be moved relative to each other to form a generally compact shape whereby the pads face each other.

15. A cooling mattress comprising:

a flexible liner defining at least one cavity surrounded by the liner, each cavity being filled with a resilient cooling medium for supporting and cooling a sunbather while sunbathing;

the liner comprising an outer surface configured to support a sunbather lying or sitting on the mattress whereby the cooling medium cools the sunbather.

16. The cooling mattress of claim 15 wherein the cooling medium is a gel.

17. The cooling mattress of claim 15 wherein the cooling medium is a water-alcohol mixture having a freezing point lower than the freezing point of water.

18. The cooling mattress of claim 15 wherein a pillow is attached to a pad at one end of the mattress by a detachable connector.

19. A method of cooling a sunbather while sunbathing on a mattress at an ambient temperature comprising the steps of:

(A) Cooling the mattress to a temperature below ambient temperature;

(B) placing the sunbather on the cooled mattress for sunbathing; and

(C) cooling the sunbather by transferring heat from the sunbather to the mattress.

20. The method of claim 19 wherein:

step (A) comprises the step of cooling a cooling medium in the mattress; and

step (C) comprises the step of transferring heat from the sunbather to the cooling medium.